

THE 4TH SUNDAY OF LENT

MOTHER'S DAY

LAETARE SUNDAY

The Fourth Sunday of Lent is also known as '*Laetare Sunday*.' Laetare is the Latin word for 'rejoice' and so this Sunday is a day of joy in the middle of Lent. In some churches priests wear rose pink vestments instead of the purple ones that are worn on the other Sundays of Lent. Mother's Day used to be called Mothering Sunday and we have celebrated this special day in Ireland for hundreds of years. A long time ago, children from poor families were sent to work as servants for rich people. They were only allowed to go home once a year and this was on the Fourth Sunday of Lent. The servants were given a day off to visit their '*Mother Church*' or the church in their hometown. After visiting the church, they went home to visit their mothers. Some of the children brought presents of flowers that they had picked on their journey home. Many girls baked a special cake called a Simnel Cake and brought it home as a gift for their mothers. This cake was made with fruit and decorated with eleven marzipan balls to represent the eleven disciples. Judas was not included. People were allowed to break their Lenten fast to eat this cake.

SUGGESTED MOTHER'S DAY ACTIVITIES

- Write down ten things that you know and love about your mum or the person who cares for you at home.
- Ask your mum or the person who cares for you at home to make a list of five things that you could do to make her life easier. Then promise to do these things for her. Write them down in on a promise page, decorate the page and give it to her with your card
- Write a poem
- Make a card
- Draw a picture
- Make a collage of all the ways you love your mum
- Give her a hug
- Write a prayer thanking God for your mum or the person who looks after you at home. Ask God to look after mothers all over the world and to keep them safe.

